

FREE

Health and Wellness Programs



Spring/Summer 2026



About the Community Health Teams

Community Health Teams (CHTs) are a service of Nova Scotia Health and IWK Health. We offer free Wellness Navigation and Group Programming. Our team of healthcare professionals help people across the lifespan to improve their health and wellness. This flexible service does not require a referral. Group wellness programs provide health information, resources, and strategies to make health behaviour changes. Topic areas include Reducing Your Health Risks, Healthy Eating, Physical Activity, Mental Wellness and Parenting.

How to Register

You can register for most programs online at www.communityhealthteams.ca and use the register now button. **Questions?** Call us at 902-460-4560 and dial the extension for your community location:

- **Press 1: Bedford/Sackville** (1658 Bedford Hwy; Main level, Bedford Place Mall)
- **Press 2: Chebucto** (Spryfield, 16 Dentith Road)
- **Press 3: Dartmouth** (58 Tacoma Drive)
- **Press 4: Halifax Peninsula** (7001 Mumford Road, Halifax Shopping Centre, Halifax Place, Unit 102)
- **Press 5: IWK Parenting Programs** (available in Bedford, Sackville, Chebucto, Dartmouth and Halifax)



Please ask about accessibility and interpretation services

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Quick Facts

13,000+

visits in 2025

50+

free health and wellness programs

200+

community partnerships

98%

program satisfaction rate

15 years

-serving the Greater Halifax Area



Everyone needs a little help sometimes.

Understanding and getting connected to the right support can be complicated. Our team of healthcare providers can help you identify health barriers and connect you to the right resources. This is a free, non-urgent service that you can book yourself. A referral is not required and appointments can happen in-person, by phone or virtually. **This service is available to those living in the Greater Halifax Area with a valid health card.**



**Book your navigation at
902-460-4560**

Adult Wellness Navigation (18+)

Wellness Navigators work with adults to address various challenges, including:

- Feelings of stress
- Struggling with health, money, housing or mental wellness
- Help with joining a group or feeling more connected to your community
- And more

Children, Youth and Family Navigation offered by IWK Health

Mental Health & Wellness Coordinators provide support for children, youth and families including:

- Supporting parents with concerns about their child's mood, behaviour and wellbeing
- Assisting youth with connections to mental health and wellness resources
- Navigating housing, medication coverage and food security resources
- Collaborating with service providers to support families on their wellness journey
- And more

Healthy Eating Navigation (18+)

Registered Dietitians help with:

- Setting and achieving healthy eating goals
- Finding programs and services to help you meet your healthy eating goals
- And more

Physical Activity Navigation (18+)

Registered Physiotherapists help with:

- Finding physical activity programs and resources online or in your community
- Support to help you meet your physical activity goals
- And more

The services listed above focus on wellness needs and do not provide disease or condition-specific counselling.



Parenting - Offered by IWK Health

Parenting programs are offered by IWK Mental Health and Wellness Coordinators.

Designed to help parents and caregivers support the mental health of their children and improve family wellbeing.

We are now offering hybrid parenting programs:

Based on community feedback, some parenting programs are now offered in a hybrid model – virtually and in-person. For these programs, 2 days before the program, everyone who is registered will receive a Zoom link through the email address provided at registration. Participants can choose to attend in-person at the location listed or virtually via Zoom. We hope this makes programs more accessible to busy parents across Nova Scotia.

Incredible Years: Preschool (14-week program)

[Register here](#)

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. For parents of children who are 3-6 years old.

| DATES | TIME | LOCATION |
|--------------------------------|-------------------|---------------------|
| Thursdays, April 30 to July 30 | 10:00 a.m. - Noon | Online Zoom Program |

Incredible Years: School Age (12-week program)

[Register here](#)

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. For parents of children who are 6-12 years old.

| DATES | TIME | LOCATION |
|-------------------------------|------------------|---------------------|
| Tuesdays, April 28 to July 14 | 6:00 - 8:00 p.m. | Online Zoom Program |

Screen Time and Your Family

[Register here](#)

We live in a world where screens are everywhere. Learn about the risks and benefits of screen time and ways to help your family.

| DATES | TIME | LOCATION |
|---------------------|------------------|---|
| Wednesday, May 20 | Noon - 1:30 p.m. | Bedford Community Health Team and Online Zoom Program |
| Wednesday, Sept. 23 | 6:00 - 7:30 p.m. | Online Zoom Program |



Handle With Care (5-week program)

[Register here](#)

This program is designed to help parents and caregivers promote the mental health of young children from birth to 6 years old. Topics include trust and healthy attachment, promoting self-care and self-esteem, expressing emotions and building relationships with others.

| DATES | TIME | LOCATION |
|------------------------------|-------------------|--|
| Tuesdays, April 7 to May 5 | Noon - 2:00 p.m. | Alderney Elementary School |
| Fridays, May 1 to May 29 | 10:00 a.m. - Noon | Bayers Westwood Family Resource Centre |
| Thursdays, May 28 to June 25 | 9:30 - 11:30 a.m. | Sackville Heights Community Centre |

Introduction to Parenting Your Teen

[Register here](#)

An introductory session to help better understand your teen. Learn strategies to improve communication and build stronger relationships in your family.

| DATES | TIME | LOCATION |
|-------------------|------------------|------------------------------------|
| Tuesday, April 21 | 6:00 - 8:00 p.m. | YWCA Armdale Professional Building |
| Wednesday, May 20 | 6:00 - 8:00 p.m. | Chebucto Community Health Team |
| Monday, August 10 | 6:00 - 8:00 p.m. | Online Zoom Program |

Walking the Middle Path (6-week program)

[Register here](#)

This program is for parents and their teen (12+). Learn strategies to find a balance between differing perspectives. Topics include validation, problem solving, acceptance and change.

| DATES | TIME | LOCATION |
|-------------------------------|------------------|---------------------|
| Wednesdays, April 8 to May 13 | 6:00 - 7:30 p.m. | Online Zoom Program |



Substance Use and Your Teen

[Register here](#)

Learn about the current landscape of substance use and your teens. In this session, you will learn strategies to have conversations about substance use that promote honesty and build trust.

| DATES | TIME | LOCATION |
|------------------------|-------------------|--|
| Wednesday, May 27 | 6:00 - 7:30 p.m. | Online Zoom Program |
| Thursday, August 20 | 12:30 - 2:00 p.m. | Online Zoom Program |
| Thursday, September 24 | Noon - 1:30 p.m. | Chebucto Community Health Team and Online Zoom Program |



[Register here](#)

My Child is Anxious. Should I Worry? (2-week program)

In this program, you'll learn how to notice when your child is experiencing anxiety and gain skills to help them manage everyday worries.

| DATES | TIME | LOCATION |
|--------------------------------|------------------|---|
| Tuesdays, March 24 and 31 | 6:00 - 8:00 p.m. | Anchor Youth Space North End Halifax |
| Tuesdays, May 5 and May 12 | 6:00 - 8:00 p.m. | Bedford Community Health Team and Online Zoom Program |
| Thursdays, July 9 and July 16 | 2:00 - 4:00 p.m. | Alderney Gate Public Library |
| Wednesdays, September 9 and 16 | Noon - 2:00 p.m. | Online Zoom Program |

**Alderney Gate Public Library will be offering children's programming from 2:00 - 4:00 p.m. during this program*

[Register here](#)

Self-Compassion for Parents

Parenting is a difficult job. Being kind to yourself can bring comfort, support your health, and help you feel more confident and satisfied in your role as a parent. In this session, you'll practice simple ways to build self-compassion during daily challenges.

| DATES | TIME | LOCATION |
|-------------------|--------------------|--|
| Thursday, April 9 | Noon - 1:30 p.m. | Chebucto Community Health Team and Online Zoom Program |
| Friday, April 24 | 10:00 - 11:30 a.m. | Alderney Gate Public Library |
| Monday, June 8 | 1:30 - 3:00 p.m. | Bayers Westwood Family Resource Centre |
| Wednesday, July 8 | 6:00 - 7:30 p.m. | Online Zoom Program |

[Register here](#)

NEW! Supporting Youth on Their Gender, Sexuality and Identity Journey

Come out and learn about best practices to support your loved ones who are expressing their gender, sexuality or identity. Developed with support from the Youth Project.

| DATES | TIME | LOCATION |
|--------------------|------------------|---|
| Thursday, March 26 | 6:00 - 8:00 p.m. | Chebucto Community Health Team |
| Tuesday, April 14 | 6:00 - 8:00 p.m. | Halifax Community Health Team and Online Zoom Program |
| Wednesday, July 22 | 6:00 - 8:00 p.m. | Online Zoom Program |



Leisure and My Family

[Register here](#)

What does your family like to do for fun? Learn about the benefits of participating in leisure activities together and ways to get involved in your community. The first half of the program will involve leisure education instructed by IWK staff and the second half of the program will include a FREE fun activity for you and your family provided by a community organization. No experience required!

| ACTIVITY | DATES | TIME | LOCATION |
|------------------------|--------------------|------------------|--------------------------|
| Family Yoga Class | Saturday, April 25 | Noon - 2:00 p.m. | Veith House |
| Open Studio Art Making | Saturday, June 20 | Noon - 2:00 p.m. | Wonder'Neath Art Society |



Behaviour 101

[Register here](#)

Challenging behaviour is an opportunity to build new skills. Learn strategies to support your child's development, understand the common reasons for behaviour and develop healthy routines.

| DATES | TIME | LOCATION |
|--------------------|------------------|---|
| Wednesday, May 27 | Noon - 1:30 p.m. | Chebucto Community Health Team and Online Zoom Program |
| Wednesday, July 15 | 6:00 - 7:30 p.m. | Bedford Community Health Team |
| Thursday, Sept. 17 | Noon - 1:30 p.m. | Dartmouth Community Health Team and Online Zoom Program |

Parent Wellness Series

[Register here](#)

Come to one or come to all! Register for the weeks you would like to attend. All programs below take place at the Chebucto Family Centre.

| TITLE | DESCRIPTION | DATES | TIME |
|--------------------|---|-----------------|-------------------|
| Behaviour 101 | Learn strategies to support your child's development, understand the common reasons for behaviour and develop healthy routines. | Tuesday, May 5 | 10:00 a.m. - Noon |
| Screen Time 101 | Learn about the risks and benefits of screen time and ways to help your family. | Tuesday, May 12 | 10:00 a.m. - Noon |
| Move More | Learn about the 24 - hour movement guidelines and how to get your family to move more for better health. | Tuesday, May 19 | 10:00 a.m. - Noon |
| Healthy Eating 101 | Learn about healthy eating strategies for your family. | Tuesday, May 26 | 10:00 a.m. - Noon |



**Are you looking to be connected to local mental wellness resources?
Call [902-460-4560](tel:902-460-4560) and ask for Wellness Navigation.**



Boundaries for Better Living (2-week program)

[Register here](#)

Do you have a hard time setting boundaries? Setting healthy boundaries can lower stress, preserve your energy, improve relationships and help you feel more in control of your time and choices. Learn and practice skills to support your wellbeing – at work, at home and in everyday life.

| DATES | TIME | LOCATION |
|-----------------------------|-------------------|---|
| Wednesdays, April 1 and 8 | 1:30 - 3:30 p.m. | Spryfield Wellness Centre |
| Tuesdays, April 14 and 21 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Mondays, June 1 and 8 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Wednesdays, June 10 and 17 | 1:30 - 3:30 p.m. | Halifax Central Library |
| Wednesdays, June 17 and 24 | 5:30 - 7:30 p.m. | Sackville Public Library |
| Thursdays, July 16 and 23 | 10:00 a.m. - Noon | Keshen Goodman Public Library, Clayton Park |
| Wednesdays, Sept. 16 and 23 | 6:00 - 8:00 p.m. | Halifax Community Health Team |
| Mondays, Sept. 21 and 28 | 1:30 - 3:30 p.m. | Dartmouth Community Health Team |

How to Speak Assertively (4-week program)

[Register here](#)

Expressing our needs can be difficult. In this program, you will learn about communication and practice assertiveness skills (e.g. active listening, saying no and making requests).

| DATES | TIME | LOCATION |
|--------------------------------|-------------------|---|
| Tuesdays, March 24 to April 14 | 1:30 - 3:30 p.m. | Dartmouth Community Health Team |
| Thursdays, May 28 to June 18 | 6:00 - 8:00 p.m. | Halifax Community Health Team |
| Tuesdays, June 9 to 30 | 1:30 - 3:30 p.m. | Bedford/Sackville Community Health Team |
| Mondays, Aug. 10 to 31 | 1:30 - 3:30 p.m. | Keshen Goodman Public Library, Clayton Park |
| Fridays, Sept. 11 to Oct. 2 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |

Discover Your Strengths

[Register here](#)

We all have the same 24 character strengths that we express in different ways. Together, we will discuss character strengths, how to recognize them in ourselves and others and learn the benefits of using them in life.

| DATES | TIME | LOCATION |
|---------------------|-------------------|---|
| Thursday, March 26 | 6:00 - 8:00 p.m. | Bedford/Sackville Community Health Team |
| Wednesday, April 22 | 1:30 - 3:30 p.m. | Dartmouth Community Health Team |
| Monday, Aug. 24 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Monday, Sept. 14 | 1:30 - 3:30 p.m. | St. Peter's Church, Hackett's Cove |



Time Management and Wellbeing

[Register here](#)

Not enough time in your day? Too much time? Learning how to manage your time may help. Join us to discover time management skills that you can use in your life.

| DATES | TIME | LOCATION |
|--------------------|-------------------|---|
| Friday, March 27 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Wednesday, June 10 | 6:00 - 8:00 p.m. | Cole Harbour Public Library |
| Tuesday, July 14 | 6:00 - 8:00 p.m. | Tantallon Public Library |
| Wednesday, Sept. 9 | 9:30 - 11:30 a.m. | Halifax Community Health Team |

Self-Compassion (1-week program)

[Register here](#)

In this single session, you will practice ways to promote self-compassion when we experience difficulties in our everyday lives.

| DATES | TIME | LOCATION |
|---------------------|-------------------|---|
| Tuesday, April 7 | 6:00 - 8:00 p.m. | Bedford/Sackville Community Health Team |
| Wednesday April 8 | 1:30 - 3:30 p.m. | Halifax Community Health Team |
| Wednesday, April 29 | 1:30 - 3:30 p.m. | Dartmouth Community Health Team |
| Wednesday, June 10 | 10:00 a.m. - Noon | Chebucto Family Resource Centre |
| Tuesday, July 7 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Thursday July 23 | 9:30 - 11:30 a.m. | Halifax Community Health Team |
| Monday, Sept. 14 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |

Self-Compassion (4-week program)

[Register here](#)

In this four-session program, you will learn being self-compassionate can help provide us comfort, improved health and increase our sense of satisfaction in our roles. Join us to delve deeper and practice ways to promote self-compassion when we experience difficulties in our everyday lives.

| DATES | TIME | LOCATION |
|--------------------------------|------------------|---|
| Wednesdays, April 22 to May 13 | 6:00 - 8:00 p.m. | Halifax Community Health Team |
| Tuesdays, April 28 to May 19 | 6:00 - 8:00 p.m. | Dartmouth Community Health Team |
| Mondays, June 1 to 22 | 1:30 - 3:30 p.m. | Bedford/Sackville Community Health Team |
| Thursdays, June 4 to 25 | 1:30 - 3:30 p.m. | Keshen Goodman Public Library, Clayton Park |



Take Charge of Your Stress (1-week program)

[Register here](#)

In this single session, you will learn about stress, explore how you experience stress and practice skills you can use to reduce stress symptoms.

| DATES | TIME | LOCATION |
|--------------------|-------------------|---|
| Tuesday, March 24 | 1:00 - 3:00 p.m. | Captain William Spry Public Library |
| Tuesday, April 7 | 6:00 - 8:00 p.m. | Keshen Goodman Public Library, Clayton Park |
| Friday, April 24 | 1:30 - 3:30 p.m. | Bedford/Sackville Community Health Team |
| Wednesday, May 27 | 10:00 a.m. - Noon | Halifax Community Health Team |
| Monday, June 15 | 1:30 - 3:30 p.m. | Alderney Gate Public Library, Dartmouth |
| Wednesday, Aug. 26 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Thursday, Aug. 27 | 1:30 - 3:30 p.m. | Halifax Central Library |
| Tuesday, Sept. 15 | 6:00 - 8:00 p.m. | Bedford/Sackville Community Health Team |

Take Charge of Your Stress (4-week program)

[Register here](#)

In this four-session program, you will learn how stress can have significant impacts on our health and wellbeing. Together we will learn about stress, explore how we experience stress, and practice a variety of skills you can use to reduce stress symptoms.

| DATES | TIME | LOCATION |
|--------------------------------|-------------------|---------------------------------|
| Thursdays, April 9 to 30 | 6:00 - 8:00 p.m. | Cole Harbour Public Library |
| Thursdays, April 9 to 30 | 1:30 - 3:30 p.m. | Bedford Public Library |
| Wednesdays, April 29 to May 20 | 6:00 - 8:00 p.m. | Spryfield Wellness Centre |
| Tuesdays, Sept. 8 to 29 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Tuesdays, Sept. 8 to 29 | 10:00 a.m. - Noon | Halifax Community Health Team |



Exploring Emotions (1-week program)

[Register here](#)

In this single session, you will learn how improving our emotional awareness helps us increase our overall wellness. This program offers tools and information to explore our own emotional responses and how our thoughts, feelings and behaviours all work together. Build your confidence in understanding and managing your emotions.

| DATES | TIME | LOCATION |
|---------------------|-------------------|---|
| Tuesday, March 24 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Wednesday, March 25 | 1:30 - 3:30 p.m. | Dartmouth Community Health Team |
| Tuesday, April 28 | 1:30 - 3:30 p.m. | Common Roots Urban Farm, Halifax |
| Friday, May 8 | 1:00 - 3:00 p.m. | Prospect Road Community Centre |
| Friday, June 12 | 1:30 - 3:30 p.m. | Sackville Public Library |
| Thursday, Aug. 20 | 10:00 a.m. - Noon | Halifax Community Health Team |
| Thursday, Sept. 24 | 1:00 - 3:00 p.m. | Dartmouth Community Health Team |

Exploring Emotions (4-week program)

[Register here](#)

Are you curious about your emotions? **In this four-session program**, you will learn how to identify different emotions and build skills to respond to them in effective ways.

| DATES | TIME | LOCATION |
|-------------------------|------------------|---|
| Thursdays, May 7 to 28 | 1:00 - 3:00 p.m. | Dartmouth Community Health Team |
| Thursdays, May 7 to 28 | 6:00 - 8:00 p.m. | Bedford/Sackville Community Health Team |
| Tuesdays, June 2 to 23 | 1:30 - 3:30 p.m. | Halifax Community Health Team |
| Tuesdays, Sept. 8 to 29 | 6:00 - 8:00 p.m. | Keshen Goodman Public Library, Clayton Park |

Optimal Aging (4-week program)

[Register here](#)

This program can help you improve your health behaviours, wellbeing and outlook on aging. Learn how to apply the THRIVE © Approach to Wellbeing, which includes six key actions: thoughts, health habits, relationships, interests, valued goals and emotions.

| DATES | TIME | LOCATION |
|----------------------------|-------------------|---|
| Fridays, April 10 to May 1 | 10:00 a.m. - Noon | Halifax Community Health Team |
| Tuesdays, May 5 to 26 | 1:30 - 3:30 p.m. | Bedford/Sackville Community Health Team |
| Tuesdays, June 2 to 23 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Tuesdays, June 2 to 23 | 10:00 a.m. - Noon | Herring Cove Community Centre |
| Thursdays, Sept. 3 to 24 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |



Mental Wellness Skills Practice

[Register here](#)

To participate in this session, you must have completed one of the following programs: Take Charge of Your Stress, Self-Compassion or Exploring Emotions. Are you looking for time to practice the skills you learned in these programs and learn how to use them in everyday life? Join us for one of our upcoming skills practice sessions.

| DATES | TIME | LOCATION |
|------------------|--------------------|---|
| Thursday, June 4 | 10:00 - 11:00 a.m. | Bedford/Sackville Community Health Team |
| Tuesday, Aug. 18 | 1:30 - 2:30 p.m. | Dartmouth Community Health Team |
| Monday, Sept. 28 | 1:30 - 2:30 p.m. | Spryfield Wellness Centre |

Free Time and You: Try Something New!

Recreation and leisure play a significant role in health and wellbeing. **The first half** of this program we will discuss leisure benefits, how to find accessible and meaningful activities and how to plan for leisure. **The second half** of this program will be an opportunity to experience a recreation activity provided by a community group. No prior experience necessary.

| ACTIVITY | DATES | TIME | LOCATION |
|--|------------------------|-------------------|--|
| Boccia Nova Scotia Register Here | Wednesday, March 25 | 1:30 - 3:30 p.m. | Captain William Spry Community Centre |
| Open Studio Art Making Register Here | Friday, March 27 | Noon - 2:00 p.m. | Wonder'neath Art Society, Halifax |
| Hike NS Guided Walk Register Here | Tuesday, April 21 | 10:00 a.m. - Noon | Kiwanis Club of Dartmouth |
| Intro. To Hand Drumming Register Here | Tuesday, April 28 | 6:00 - 7:30 p.m. | Sackville Public Library |
| Acrylic Paint Project Register Here | Tuesday, May 12 | 1:00 - 3:00 p.m. | Captain William Spry Public Library |
| Gardening Register Here | Wednesday, May 20 | 1:30 - 3:30 p.m. | Common Roots Urban Farm, Halifax |
| Museum Tour Register Here | Friday, Aug. 14 | 10:00 a.m. - Noon | Fultz House Museum, Sackville |



Tell us what is important to support your health and wellness!

Visit: YourVoiceMattersCHT.ca
to take our 3-5 minute survey.



Reducing Your Health Risks

Health Goal Coaching

[Call](#)

Do you want to make positive changes to your health? Are you having trouble sticking to your goals or feeling unsure about where to begin? You're not alone. A Health Goal Coach can support you with your goals and staying on track. To book an intake appointment, call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax).

Ideas Into Action. Small Steps. Big Success!

[Register here](#)

Having difficulty reaching your health goals? Join us to learn the process of creating realistic and achievable goals to live your healthiest life.

| DATES | TIME | LOCATION |
|---------------------|--------------------|---|
| Wednesday, April 15 | 1:30 - 3:00 p.m. | Dartmouth Community Health Team |
| Tuesday, June 23 | 9:30 - 11:00 a.m. | Bedford/Sackville Community Health Team |
| Thursday, July 16 | 10:00 - 11:30 a.m. | Halifax Community Health Team |
| Wednesday, Aug. 26 | 1:30 - 3:00 p.m. | Bedford/Sackville Community Health Team |
| Friday, Sept. 11 | 10:00 - 11:30 a.m. | Spryfield Wellness Centre |

Building Better Sleep

[Register here](#)

Do you wonder how you could get a better night's sleep? Sleep is vital to our physical health, mental health and overall wellbeing. Join us for a discussion about why we sleep, what impacts our sleep and discover other tips to get a better sleep.

| DATES | TIME | LOCATION |
|-------------------|-------------------|--|
| Tuesday, March 31 | 1:30 - 3:30 p.m. | Halifax Community Health Team |
| Tuesday, March 31 | 6:00 - 8:00 p.m. | Bedford/Sackville Community Health Team |
| Tuesday, April 14 | 6:00 - 8:00 p.m. | Tantallon Public Library |
| Monday, April 27 | 1:30 - 3:30 p.m. | Dartmouth Community Health Team |
| Thursday, June 11 | 1:30 - 3:30 p.m. | Bedford/Sackville Community Health Team |
| Monday, June 15 | 1:30 - 3:30 p.m. | J.D. Shatford Memorial Library, Hubbards |
| Thursday, June 18 | 6:00 - 8:00 p.m. | Cole Harbour Public Library |
| Thursday, Sept. 3 | 10:00 a.m. - Noon | Halifax Community Health Team |
| Friday, Sept. 11 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Monday, Sept. 21 | 9:30 - 11:30 a.m. | St. John's United Church, Fall River |



Reducing Your Health Risks

Understand Pain (2-week program)

[Register here](#)

This series will explain how the pain system works. You will learn how the body changes with chronic pain. You will also learn about the factors affecting pain and real ways to manage your pain.

| DATES | TIME | LOCATION |
|----------------------------|------------------|-------------------------------|
| Wednesdays, June 17 and 24 | 6:00 - 8:00 p.m. | Cole Harbour Public Library |
| Mondays, Sept. 14 and 21 | 1:30 - 3:30 p.m. | Halifax Community Health Team |

Prediabetes

[Register here](#)

Prediabetes (when blood sugars are above the normal range) offers a warning that you are at risk of developing diabetes. Learn how lifestyle choices can give you a chance to change your future.

| DATES | TIME | LOCATION |
|---------------------|-------------------|---|
| Friday, March 27 | 9:30 a.m. - Noon | Halifax Community Health Team |
| Tuesday, March 31 | 6:00 - 8:30 p.m. | Woodlawn Public Library |
| Tuesday, April 14 | 1:00 - 3:30 p.m. | Beaver Bank Kinsac Community Centre |
| Thursday, May 7 | 5:30 - 8:00 p.m. | Halifax Community Health Team |
| Tuesday, June 16 | 6:00 - 8:30 p.m. | Bedford/Sackville Community Health Team |
| Thursday, June 18 | 6:00 - 8:30 p.m. | St. Margarets Bay Centre |
| Wednesday, July 8 | 9:30 a.m. - Noon | Dartmouth Community Health Team |
| Thursday, Aug. 27 | 9:00 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Tuesday, Sept. 15 | 1:00 - 3:30 p.m. | Dartmouth Community Health Team |
| Tuesday, Sept. 15 | 1:30 - 4:00 p.m. | Herring Cove Community Centre |
| Wednesday, Sept. 16 | 1:00 - 3:30 p.m. | Halifax Community Health Team |

The **Nova Scotia Brotherhood** and the **Nova Scotia Sisterhood** are teams of Black healthcare professionals providing free services to Black men and women including medical care, health education, chronic disease management, wellness navigation and more!

NOVA SCOTIA



BROTHERHOOD SISTERHOOD

Nova Scotia Brotherhood

902-421-7260 | nsbrotherhood@nshealth.ca

Nova Scotia Sisterhood

902-721-7270 | nsbrotherhood@nshealth.ca



Heart Healthy Living: Know Your Numbers (2-week program)

[Register here](#)

A great way to improve your heart health is to understand what your cholesterol and blood pressure numbers mean and learn ways to improve them. Discover how healthy eating and other lifestyle changes can help to reduce your risk for heart disease and stroke.

| DATES | TIME | LOCATION |
|---------------------------------|-------------------|---|
| Mondays, March 23 and 30 | 1:30 - 3:30 p.m. | Bedford/Sackville Community Health Team |
| Thursdays, March 26 and April 2 | 1:00 - 3:00 p.m. | Dartmouth Community Health Team |
| Thursdays, May 7 and 14 | 6:00 - 8:00 p.m. | Canada Games Centre, Clayton Park |
| Wednesdays, May 13 and 20 | 5:30 - 7:30 p.m. | Sackville Public Library |
| Fridays, May 29 and June 5 | 10:00 a.m. - Noon | Halifax Community Health Team |
| Tuesdays, June 2 and 9 | 6:00 - 8:00 p.m. | Woodlawn Public Library |
| Thursdays, Aug. 13 and 20 | 10:00 a.m. - Noon | Spryfield Wellness Centre |
| Wednesdays, Sept. 16 and 23 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Tuesdays, Sept. 22 and 29 | 6:00 - 8:00 p.m. | Halifax Community Health Team |

Health Strategies for Perimenopause and Beyond (3-week program)

[Register here](#)

If you're feeling that this is impacting your life, you're not alone. Join us as we explore key areas of physical, emotional, and nutritional wellbeing to help you navigate this transition with greater confidence and support. Please note: while we will discuss general resources, clinical guidance on medications including hormone replacement therapy will not be covered in this program.

| DATES | TIME | LOCATION |
|------------------------------|-------------------|---------------------------------|
| Wednesdays, April 1 to 15 | 5:30 - 7:30 p.m. | Sackville Public Library |
| Tuesdays, April 28 to May 12 | 6:00 - 8:00 p.m. | Tantallon Public Library |
| Tuesdays, May 12 to 26 | 6:00 - 8:00 p.m. | Halifax Central Library |
| Thursdays, June 4 to 18 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Thursdays, June 11 to 25 | 1:30 - 3:30 p.m. | Bedford Public Library |
| Wednesdays, July 8 to 22 | 6:00 - 8:00 p.m. | Spryfield Wellness Centre |
| Wednesdays, Sept. 9 to 23 | 6:00 - 8:00 p.m. | Cole Harbour Public Library |
| Mondays, Sept. 14 to 28 | 10:00 a.m. - Noon | Halifax Community Health Team |



Healthy Eating



**Are you looking to be connected to local healthy eating resources?
Call 902-460-4560 and ask for healthy eating navigation.**

Mediterranean Inspired Eating

[Register here](#)

Interested in lowering your risk of heart disease, Alzheimer’s and diabetes? Learn how you can improve your health by following the Mediterranean way of eating.

| DATES | TIME | LOCATION |
|---------------------|-------------------|---|
| Thursday, March 26 | 1:30 - 3:30 p.m. | Bedford/Sackville Community Health Team |
| Monday, April 13 | 1:30 - 3:30 p.m. | Dartmouth Community Health Team |
| Tuesday, April 14 | 6:00 - 8:00 p.m. | Halifax Central Library |
| Wednesday, April 22 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Tuesday, April 21 | 6:00 - 8:00 p.m. | Keshen Goodman Public Library, Clayton Park |
| Tuesday, May 5 | 6:00 - 8:00 p.m. | Woodlawn Public Library |
| Tuesday, June 2 | 6:00 - 8:00 p.m. | Bedford/Sackville Community Health Team |
| Friday, June 12 | 9:30 - 11:30 a.m. | Halifax Community Health Team |
| Monday, June 22 | 6:00 - 8:00 p.m. | Prospect Road Community Centre |
| Monday, July 20 | 10:00 a.m. - Noon | Black Point Community Centre |
| Wednesday, Aug. 19 | 10:00 a.m. - Noon | Common Roots Urban Farm, Halifax |
| Tuesday, Aug. 25 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Thursday, Sept. 10 | 1:30 - 3:30 p.m. | Canada Games Centre |
| Tuesday, Sept. 15 | 9:30 - 11:30 a.m. | Sackville Heights Community Centre |

Making Peace with Food (2-week program)

[Register here](#)

Are you tired of rigid and restrictive weight-loss diets? What if there was another way to approach healthy eating by focusing on gradual changes and flexibility over time? Join us to gain a deeper awareness of how thoughts and emotions influence our eating patterns. We will also explore how to notice hunger and fullness cues and practice mindful eating. Learn how being kinder to ourselves can help us work towards our health goals.

| DATES | TIME | LOCATION |
|----------------------------|------------------|-----------------------------|
| Thursdays, Sept. 10 and 17 | 6:00 - 8:00 p.m. | Cole Harbour Public Library |



Making the Most of Your Food Dollar

[Register here](#)

Learn how to get more value and nutrition from your food dollar. You will receive recipes and resources to help you organize, plan and prepare healthy low-cost dishes at home.

| DATES | TIME | LOCATION |
|-------------------|--------------------|---|
| Tuesday, May 12 | 1:30 - 3:00 p.m. | Alderney Gate Public Library |
| Tuesday, May 19 | 9:30 - 11:00 a.m. | Bedford/Sackville Community Health Team |
| Wednesday, May 27 | 6:00 - 7:30 p.m. | Herring Cove Community Centre |
| Monday, July 6 | 10:00 - 11:30 a.m. | Woodlawn Public Library |
| Tuesday, July 21 | 10:00 - 11:30 a.m. | Common Roots Urban Farm, Halifax |
| Thursday, Sept. 3 | 1:30 - 3:00 p.m. | Beaver Bank Kinsac Community Centre |

Understanding Food Labels

[Register here](#)

Nutrition label reading made easy! You'll learn to understand the numbers on food labels and practice your skills with real food examples. Learn to focus on nutrients that matter to your health goals.

| DATES | TIME | LOCATION |
|--------------------|--------------------|---|
| Tuesday, March 24 | 1:30 - 3:00 p.m. | Bedford/Sackville Community Health Team |
| Wednesday, April 1 | 9:30 - 11:00 a.m. | Halifax Community Health Team |
| Monday, May 4 | 9:30 - 11:00 a.m. | Bedford/Sackville Community Health Team |
| Monday, May 11 | 1:30 - 3:00 p.m. | St. Peters Church, Hackett's Cove |
| Wednesday, May 27 | 6:00 - 7:30 p.m. | Cole Harbour Public Library |
| Monday, June 22 | 1:30 - 3:00 p.m. | Halifax Community Health Team |
| Tuesday, Aug. 25 | 9:30 - 11:00 a.m. | Bedford/Sackville Community Health Team |
| Wednesday, Sept. 9 | 10:00 - 11:30 a.m. | Dartmouth Community Health Team |
| Tuesday, Sept. 29 | 6:00 - 7:30 p.m. | Tantallon Public Library |



Beginner's Guide to Plant-Based Eating

[Register here](#)

This program is for anyone interested in eating more plant-based foods but is unsure where to start. Learn how to get the benefits of plant-based eating in a simple and cost-effective way without eliminating other foods you enjoy.

| DATES | TIME | LOCATION |
|--------------------|-------------------|---|
| Wednesday, April 8 | 1:30 - 3:30 p.m. | Dartmouth Community Health Team |
| Thursday, April 9 | 1:00 - 3:00 p.m. | Captain William Spry Public Library |
| Monday, April 13 | 1:30 - 3:30 p.m. | Memory Lane Family Place, Lower Sackville |
| Wednesday, June 3 | 9:30 - 11:30 a.m. | Halifax Community Health Team |
| Monday, June 22 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Thursday, June 25 | 6:00 - 8:00 p.m. | Bedford/Sackville Community Health Team |
| Wednesday, Aug. 12 | 6:00 - 8:00 p.m. | Spryfield Wellness Centre |
| Thursday, Sept. 10 | 1:30 - 3:30 p.m. | Halifax Community Health Team |
| Tuesday, Sept. 29 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |

Food and Mood

[Register here](#)

Have you ever thought about the connection between what you eat and how you feel? Food choices and eating habits can affect mood, but how you feel can also influence what you eat. What's good for your body is good for your mood!

| DATES | TIME | LOCATION |
|--------------------|-------------------|---|
| Tuesday, April 21 | 5:30 - 7:30 p.m. | Bedford/Sackville Community Health Team |
| Wednesday, May 13 | 10:00 a.m. - Noon | Chebucto Family Resource Centre |
| Tuesday, June 9 | 1:30 - 3:30 p.m. | Keshen Goodman Public Library, Clayton Park |
| Wednesday, June 10 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Wednesday, June 17 | 10:00 a.m. - Noon | Common Roots Urban Farm, Halifax |
| Tuesday, Aug. 18 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Tuesday, Sept. 22 | 6:00 - 8:00 p.m. | Woodlawn Public Library |



Meal Planning and Recipe Inspiration

[Register here](#)

Meal planning can seem intimidating, and it can be hard to know where to start. Whether you're packing school lunches for kids, planning weeknight suppers or looking to simplify your meal routine. Learn about the foundations for successful meal planning and leave with a plan that is flexible and realistic for you. You will receive a worksheet to help make a meal plan and a recipe booklet to start you on your journey.

| DATES | TIME | LOCATION |
|--------------------|-------------------|---|
| Monday, April 27 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Tuesday, April 28 | 6:00 - 8:00 p.m. | Halifax Central Library |
| Tuesday, April 28 | 6:00 - 8:00 p.m. | Woodlawn Public Library |
| Tuesday, May 19 | 6:00 - 8:00 p.m. | Keshen Goodman Public Library, Clayton Park |
| Friday, June 5 | 1:30 - 3:30 p.m. | Sackville Public Library |
| Wednesday, June 24 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Wednesday, Aug. 12 | 9:30 - 11:30 a.m. | Halifax Community Health Team |
| Wednesday, Sept. 9 | 9:30 - 11:30 a.m. | Memory Lane Family Place, Lower Sackville |

Eat Well, Age Well

[Register here](#)

Healthy eating is important at any age, but it plays a key role in promoting physical and emotional wellness as you get older. Come learn about key nutrients, foods and habits to help you eat well as you age.

| DATES | TIME | LOCATION |
|------------------|-------------------|---|
| Friday, April 24 | 10:00 a.m. - Noon | Herring Cove Community Centre |
| Thursday, May 7 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Friday, May 29 | 1:30 - 3:30 p.m. | Bedford/Sackville Community Health Team |
| Monday, June 15 | 9:30 - 11:30 a.m. | Halifax Community Health Team |
| Tuesday, July 7 | 1:30 - 3:30 p.m. | Keshen Goodman Public Library, Clayton Park |
| Tuesday, Sept. 1 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Monday, Sept. 28 | 10:00 a.m. - Noon | Dartmouth Community Health Team |



Food For One or Two

[Register here](#)

Get inspired to start cooking healthy meals at home for one or two! You will get easy recipes and helpful strategies to plan meals for your small household. There will be no cooking in this program.

| DATES | TIME | LOCATION |
|---------------------|-------------------|--|
| Tuesday, March 31 | 6:00 - 8:00 p.m. | Tantallon Public Library |
| Friday, April 10 | 1:30 - 3:30 p.m. | Bedford/Sackville Community Health Team |
| Wednesday, April 15 | 6:00 - 8:00 p.m. | Cole Harbour Public Library |
| Thursday, April 23 | 10:00 a.m. - Noon | Halifax Community Health Team |
| Wednesday, June 3 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Monday, June 15 | 9:30 - 11:30 a.m. | St. John's United Church, Fall River |
| Wednesday, July 15 | 11:30 - 1:30 p.m. | Halifax Central Library |
| Tuesday, Sept. 8 | 1:30 - 3:30 p.m. | Bedford/Sackville Community Health Team |
| Monday, Sept. 21 | 1:30 - 3:30 p.m. | J.D. Shatford Memorial Library, Hubbards |
| Tuesday, Sept. 29 | 1:30 - 3:30 p.m. | Dartmouth Community Health Team |

Be Good to Your Gut

[Register here](#)

Did you know that good health starts in your gut? Learn how your digestive system works, the role of your gut bacteria and how to feed your gut for good health.

| DATES | TIME | LOCATION |
|--------------------|-------------------|---|
| Thursday, March 26 | 10:00 a.m. - Noon | Spryfield Wellness Centre |
| Thursday, April 9 | 1:30 - 3:30 p.m. | Halifax Community Health Team |
| Friday, April 24 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Tuesday, May 19 | 6:00 - 8:00 p.m. | Woodlawn Public Library |
| Wednesday, June 10 | 6:00 - 8:00 p.m. | Halifax Central Library |
| Tuesday, June 30 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Monday, Sept. 21 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Tuesday, Sept. 22 | 10:00 a.m. - Noon | Keshen Goodman Public Library, Clayton Park |
| Thursday, Sept. 24 | 1:30 - 3:30 p.m. | Bedford/Sackville Community Health Team |



Physical Activity



**Are you looking to be connected to local physical activity resources?
Call [902-460-4560](tel:902-460-4560) and ask for physical activity navigation.**

Low Intensity 10-Week Exercise Program

[Call](#)

Do you have a chronic health condition that limits your ability to walk or exercise for more than 15 minutes? Are you able to exercise independently in a group setting? This 10-week group class includes walking /chair cardio, strength, balance and flexibility exercises. You will also receive support, education, and goal-setting tools to help you stay active. You will be assessed by a physiotherapist for suitability prior to starting the program. **Registration for this program cannot be completed online. Call 902-460-4560 for registration and physical activity screen.**

| DATES | TIME | LOCATION |
|------------------------|------------|--------------------------------------|
| Mondays and Wednesdays | Afternoons | Acadia Hall, Lower Sackville |
| Tuesdays and Thursdays | Mornings | Canada Games Centre, Clayton Park |
| Tuesdays and Thursdays | Afternoons | East Dartmouth Community Centre |
| Tuesdays and Thursdays | Afternoons | Halifax Good Shepherd-St. Agnes Site |

Move to Improve (10-week program)

[Register here](#)

Are you currently not exercising, and do you live with a chronic condition, or are you at risk of developing one? Come improve your cardio, strength and motivation to exercise in this 10-week program. Participants must be able to:

- Walk for **30 minutes** without stopping
- **Get up and down from the floor without difficulty**
- Complete a physical activity screen **at the time of** registration.

Register and complete the physical activity screen at www.communityhealthteams.ca. A physiotherapist will review your registration and confirm eligibility. Due to popular demand, **those that have previously participated in this program will not be eligible to participate again.**

| DATES | TIME | LOCATION |
|--|------------|-----------------------------------|
| Mondays and Fridays (starts March 23) | Afternoons | Cole Harbour Place |
| Mondays and Wednesdays (starts March 30) | Afternoons | Canada Games Center, Clayton Park |



Physical Activity

Building Better Balance (6-week program)

[Register here](#)

If you've noticed changes in your balance or have a fear of falling, this program can help. Over six weeks, you'll join a small group led by a physiotherapist for twice - weekly classes focused on strength, balance, and confidence. Participants must be able to:

- Stand without support
- Walk/Exercise for **30 minutes**
- Not experienced more than two falls in the past year
- Complete a physical activity screen **at the time of registration**

Register and complete the physical activity screen at www.communityhealthteams.ca. A physiotherapist will review and confirm your eligibility. Due to popular demand, **those who have previously participated in this program will not be eligible to participate again.**

| DATES | TIME | LOCATION |
|---|------------|--|
| Tuesdays and Fridays, starts March 20 | Afternoons | Bedford/Hammonds Plains Community Centre |
| Mondays and Fridays, starts March 23 | Mornings | St Andrews Community Centre, Halifax |
| Mondays and Wednesdays, starts April 20 | Mornings | Black Point Community Centre |
| Mondays and Wednesdays, starts May 4 | Mornings | North Woodside Community Centre |
| Mondays and Fridays, starts May 11 | Mornings | St Andrews Community Centre, Halifax |
| Tuesdays and Fridays, starts May 19 | Afternoons | Bedford/Hammonds Plains Community Centre |

Balance Basics (2-week program)

[Register here](#)

Do you want to feel steadier and more confident on your feet? This two-week program combines exercise and group discussion to help you improve balance and prevent falls. You'll learn simple exercises you can safely do at home. **Register and complete the physical activity screen at www.communityhealthteams.ca.**

| DATES | TIME | LOCATION |
|-----------------------------|-------------------|--|
| Mondays, April 13 and 20 | 10:00 a.m. - Noon | Woodlawn United Church, Dartmouth |
| Mondays, April 20 and 27 | 1:30 - 3:30 p.m. | Halifax Community Health Team |
| Thursdays, May 7 and 14 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Wednesdays, June 17 and 24 | 9:30 - 11:30 a.m. | Beechville Lakeside Timberlea Community Centre |
| Mondays, Aug. 17 and 24 | 9:30 - 11:30 a.m. | Halifax Community Health Team |
| Tuesdays, Sept. 15 and 22 | 1:30 - 3:30 p.m. | Sackville Heights Community Centre |
| Wednesdays, Sept. 16 and 23 | 10:00 a.m. - Noon | Woodlawn United Church, Dartmouth |
| Thursdays, Sept. 17 and 24 | 1:30 - 3:30 p.m. | Harrietsfield Williamswood Community Centre |



Physical Activity



Exercise Essentials (2-week program)

[Register here](#)

Did you know that most Canadians struggle to get enough exercise and don't know where to start? Exercise doesn't have to be complicated! Our physiotherapists will walk you through the basics of starting a strength training program and show you fun ways to sneak some "cardio snacks" into your day. **Register and complete the physical activity screen at www.communityhealthteams.ca.**

| DATES | TIME | LOCATION |
|----------------------------------|-------------------|---|
| Wednesdays, March 25 and April 1 | 10:00 a.m. - Noon | Dartmouth Community Health Team |
| Thursdays, April 2 and 9 | 9:30 - 11:30 a.m. | Bedford/Sackville Community Health Team |
| Fridays, May 22 and 29 | 10:00 a.m. - Noon | Harrietsfield Williamswood Community Centre |
| Wednesdays, May 27 and June 3 | 1:30 - 3:30 p.m. | Halifax Community Health Team |
| Wednesdays, Sept. 9 and 16 | 4:00 - 6:00 p.m. | St. Margaret's Bay Centre |
| Fridays, Sept. 11 and 18 | 9:30 - 11:30 a.m. | Halifax Community Health Team |
| Thursdays, Sept. 10 and 17 | 1:30 - 3:30 p.m. | Bedford/Sackville Community Health Team |
| Fridays, Sept. 18 and 25 | 10:00 a.m. - Noon | Dartmouth Community Health Team |

Mindful Movement

[Register here](#)

Do you tend to rush when you do things? Would you like to be more mindful when you move? In this session you will practice becoming more aware of your body and your surroundings when you are still and when you are moving.

| DATES | TIME | LOCATION |
|---------------------|--------------------|---|
| Tuesday, May 5 | 6:00 - 7:30 p.m. | Halifax Community Health Team |
| Friday, May 15 | 9:30 - 11:00 a.m. | Bedford/Sackville Community Health Team |
| Thursday, May 21 | 6:00 - 7:30 p.m. | Cole Harbour Public Library |
| Wednesday, Aug. 12 | 10:00 - 11:30 a.m. | Spryfield Wellness Centre |
| Tuesday, Sept. 8 | 9:30 - 11:00 a.m. | Bedford/Sackville Community Health Team |
| Wednesday, Sept. 16 | 10:00 - 11:30 a.m. | Common Roots Urban Farm, Halifax |

Partner Programs

The Community Health Team provides free space to community groups to offer their programs and services. The following programs are offered by these partners. For more information or to register, please refer to the contact information below. *Note: programs are not offered during holidays.*

Caregivers Support Group - Caregivers Nova Scotia

Please call **902-421-7390** for more information and to register.

| DATES | TIME | LOCATION |
|-------------------------------|------------------|---|
| First Wednesday of each month | 1:00 - 3:00 p.m. | Dartmouth Community Health Team |
| First Thursday of each month | 1:00 - 3:00 p.m. | Halifax Community Health Team |
| Third Wednesday of each month | 1:00 - 3:00 p.m. | Spryfield Wellness Centre |
| Last Wednesday of each month. | 6:00 - 7:30 p.m. | Bedford/Sackville Community Health Team |
| <i>No session in December</i> | | |

Advance Care Planning - Inspired COPD Outreach Program, Nova Scotia Health

To register, please call Andrew Comstock at **902-483-8943**.

| DATES | TIME | LOCATION |
|------------------|--------------------|-----------------------|
| Monday, April 13 | 10:00 a.m. - noon. | Bedford/Sackville CHT |

Learn to Meditate for Free - Sahaja Yoga

To register, please email info@freemeditationhalifax.ca

| DATES | TIME | LOCATION |
|---------------------------|------------------|-------------|
| Mondays starting Sept. 15 | 6:00 - 7:00 p.m. | Halifax CHT |

Love Your Brain Yoga - 6 Week Stroke Survivors Research Program - Dalhousie University

For more information and to see if you are eligible, email rebel@dal.ca.

| DATES | TIME | LOCATION |
|-------|------|-------------|
| TBA | TBA | Halifax CHT |

Indoor Walking Group - Halifax Shopping Center - NS Walks

For more information and to register go to nswalks.ca or call **902-932-4969**.

| DATES | TIME | LOCATION |
|----------|------------------|-------------|
| Tuesdays | 8:30 - 9:30 a.m. | Halifax CHT |

Mindfulness Drop-in Practice Group - Atlantic Contemplative Centre (ACC)

No registration required. Learn more at contemplativecentre.ca.

| DATES | TIME | LOCATION |
|-----------|------------------|---------------|
| Thursdays | 3:30 - 4:30 p.m. | Dartmouth CHT |

HealthyNS Virtual Programs

HealthyNS provides virtual health and wellness programs to all Nova Scotians.

The Community Health Teams partner with HealthyNS to provide flexible program options.

The Community Health Teams will be facilitating the below programs through **HealthyNS**. To see the full schedule of virtual programs and to register at www.HealthyNS.ca or scan the QR code below.

[Register here](#)

| APRIL PROGRAMS | DATE | TIME |
|--------------------------------------|-------------------------------|----------------|
| Understand Pain (3-weeks) | Wednesdays, April 1 to 15 | 2:00-3:30 p.m. |
| Beyond Weight (11-weeks) | Thursdays, April 2 to June 11 | Noon-1:00 p.m. |
| Take Charge of Your Stress (4-weeks) | Fridays, April 10 to May 1 | Noon-1:30 p.m. |
| Your Heart Matters (4-weeks) | Mondays, April 20 to May 11 | Noon-1:30 p.m. |



HealthyNS Virtual Programs

MAY PROGRAMS

| | DATE | TIME |
|-----------------------------|-------------------|------------------|
| Food for One or Two | Friday, May 8 | 10:00-11:30 a.m. |
| Healthy Eating 101 | Wednesday, May 20 | 6:00-7:30 p.m. |
| Exploring Emotions (1-week) | Thursday, May 21 | 6:00-7:30 p.m. |

JUNE PROGRAMS

| | DATE | TIME |
|--------------------------------------|-----------------------|------------------|
| Understanding Food Labels | Monday, June 1 | 6:00-7:30 p.m. |
| Exploring Emotions (4-weeks) | Fridays, June 5 to 26 | Noon-1:30 p.m. |
| Meal Planning and Recipe Inspiration | Tuesday, June 16 | 2:00-3:30 p.m. |
| Self-Compassion (1-week) | Monday, June 22 | 6:00-7:30 p.m. |
| Making the Most of your Food Dollar | Tuesday, June 23 | 6:00 - 7:30 p.m. |

JULY PROGRAMS

| | DATE | TIME |
|---|------------------------|------------------|
| Beginner's Guide to Plant-Based Eating | Thursday, July 9 | 10:00-11:30 a.m. |
| Mediterranean Inspired Eating (2-weeks) | Mondays, July 13 to 20 | Noon-1:30 p.m. |
| Take Charge of Your Stress (1-week) | Tuesday, July 14 | 10:00-11:30 a.m. |
| Eat Well, Age Well | Thursday, July 23 | 2:00-3:30 p.m. |

AUGUST PROGRAMS

| | DATE | TIME |
|-------------------------------|-----------------------------|------------------|
| Discover Your Strengths | Tuesday, August 11 | 2:00-3:30 p.m. |
| Be Good to Your Gut (3-weeks) | Wednesdays, August 12 to 26 | 2:00-3:30 p.m. |
| Understand Pain (3-weeks) | Thursdays, August 13 to 27 | Noon-1:30 p.m. |
| Beyond Weight (1-week) | Tuesday, August 18 | 10:00-11:30 a.m. |

SEPTEMBER PROGRAMS

| | DATE | TIME |
|------------------------------------|-------------------------------|------------------|
| Food and Mood (2-weeks) | Tuesdays, September 1 to 8 | Noon-1:30 p.m. |
| How to Speak Assertively (3-weeks) | Wednesdays, September 9 to 23 | 6:00-7:30 p.m. |
| Self-Compassion (3-weeks) | Thursdays, September 10 to 24 | 10:00-11:30 a.m. |
| Prediabetes (3-weeks) | Fridays, September 11 to 25 | Noon-1:30 p.m. |
| Making Peace with Food (2-weeks) | Mondays, September 14 to 21 | 2:00 - 3:30 p.m. |

Community Locations

Community Locations for Bedford/Sackville

Bedford/Sackville Community Health Team (1658 Bedford Highway)

Located in the Bedford Place Mall (main level)

| LOCATION | ADDRESS |
|---|--------------------------------------|
| Acadia Hall | 636 Sackville Drive, Lower Sackville |
| Beaver Bank Kinsac Community Centre | 1583 Beaver Bank Road, Beaver Bank |
| Bedford-Hammonds Plains Community Centre | 202 Innovation Drive, Bedford |
| Bedford Public Library | 15 Dartmouth Road, Bedford |
|  Fultz House Museum | 33 Sackville Drive, Lower Sackville |
| Memory Lane Family Place | 22 Memory Lane, Lower Sackville |
| St. John's United Church | 3360 Highway #2, Fall River |
| Sackville Public Library | 636 Sackville Drive, Lower Sackville |
| Sackville Heights Community Centre | 45 Connolly Road, Middle Sackville |

Community Locations for Chebucto (Halifax Mainland)

Chebucto Community Health Team (16 Dentith Road, Halifax)

Located in the Spryfield Wellness Centre

| LOCATION | ADDRESS |
|---|--|
|  Black Point & Area Community Centre | 8579 St. Margarets Bay Road, Black Point |
| Captain William Spry Public Library | 16 Sussex Street, Halifax |
| Canada Games Centre | 26 Thomas Raddall Drive, Halifax |
| Chebucto Family Centre | 3 Sylvia Avenue, Halifax |
| Harrietsfield Williamswood Community Centre | 1138 Old Sambro Road, Harrietsfield |
| Herring Cove Community Centre | 30 Latter Pond Lane, Herring Cove |
| J.D. Shatford Memorial Public Library | 10353 St. Margaret's Bay Road, Hubbards |
| Keshen Goodman Public Library | 330 Lacewood Drive, Halifax |
| Prospect Road Community Centre | 2141 Prospect Road, Hatchet Lake |
| Spryfield Wellness Centre | 16 Dentith Road, Halifax (Spryfield) |
|  Beechville Lakeside Timberlea Community Centre | 1300 St. Margarets Bay Road, Lakeside |
| St. Peter's Church | 10030 Peggy's Cove Road (Hackett's Cove) |
| St. Margaret's Centre | 12 Westwood Blvd, Upper Tantallon |
| Tantallon Public Library | 3646 Hammonds Plains Road, Tantallon |

Community Locations

Community Locations for Dartmouth

Dartmouth Community Health Team (58 Tacoma Drive)

| LOCATION | ADDRESS |
|---|---------------------------------------|
| Alderney Gate Public Library | 60 Alderney Drive, Dartmouth |
|  Alderney Elementary School | 2 Penhorn Drive, Dartmouth |
| Cole Harbour Public Library | 51 Forest Hills Parkway, Cole Harbour |
| East Dartmouth Community Centre | 50 Caledonia Road, Dartmouth |
| Kiwanis Club of Dartmouth | 45 Graham's Grove, Dartmouth |
| North Woodside Community Centre | 230 Pleasant Street, Dartmouth |
| Woodlawn Public Library | 31 Eisener Boulevard, Dartmouth |
| Woodlawn United Church | 54 Woodlawn Road, Dartmouth |

Community Locations for Halifax Peninsula

Halifax Peninsula Community Health Team (7001 Mumford Road, Halifax)

Located in the Halifax Shopping Centre (Halifax Place)

| LOCATION | ADDRESS |
|---|----------------------------------|
|  Anchor Youth Space North End Halifax | 2269 Gottingen Street, Halifax |
| Bayers Westwood Family Resource Centre | 3499 McAlpine Ave, Halifax |
| Common Roots Urban Farm BiHi | 7064 Bayers Road, Halifax |
| Good Shepherd Parish (St. Agnes Site) | 6903 Mumford Road, Halifax |
| Halifax Central Library | 5440 Spring Garden Road, Halifax |
| St. Andrew's Community Centre | 3380 Barnstead Lane, Halifax |
| Veith House | 3115 Veith Street, Halifax |
| Wonder'neath Art Society | 2482 Maynard Street, Halifax |
| YMCA – Armdale Professional Building | 2625 Joseph Howe Drive, Halifax |

What is a Community Health Team?

- Free group programs related to parenting, mental wellness, healthy eating, physical activity and reducing health risks.
- Wellness Navigation to help you set priorities and get connected to health and community resources.
- Programs at convenient times and locations throughout the community to make participation easier.
- Works closely with community organizations toward building stronger and healthier communities.

Find Your Community Health Team

Bedford/Sackville Community Health Team - 1658 Bedford Hwy (main level, Bedford Place Mall)
Serving: Beaver Bank, Bedford, Fall River, Hammonds Plains, Lucasville, Mount Uniacke, Sackville and Waverley.

Chebucto Community Health Team (Halifax Mainland) - 16 Dentith Road, Halifax
Serving: Spryfield, Herring Cove, Armdale, Sambro Loop, the Pennants, Purcell's Cove, Fairview, Clayton Park, Beechville, Lakeside, Timberlea, Hubley, Tantallon, St. Margaret's Bay, Hubbards, Prospect and Hatchet Lake.

Dartmouth Community Health Team - 58 Tacoma Drive, Dartmouth
Serving: Dartmouth, Cole Harbour, Eastern Passage, Lawrencetown, Mineville, North Preston and East Preston.

Halifax Community Health Team (Halifax Peninsula) - 7001 Mumford Road, Halifax Shopping Centre, Halifax Place, first floor, Unit 102
Serving: Downtown, North End, South End and West End Halifax.